

This morning we want to talk about the next pieces of armor mentioned by Paul in his list and that is the helmet of salvation and the sword of the Spirit which he defines as the word of God. The helmet of salvation refers to the thinking involved in salvation and the sword of the spirit relates to the word of God as a weapon in warfare. It is no coincidence that they are taken together because they both have to do with the application of the mind. **Salvation is essentially a product of the exercise of your mind, and the sword of the spirit relates to the word of God's role in application of your mind in warfare.** One has to do with the exercise of thoughts while the other has to do with the actual content of those thoughts. These two things go together because salvation that does not involve a transformation of your mind is not really salvation at all. The only way salvation is experienced is to the degree that the word of God is operating in and through your mind. The helmet of salvation is a piece of armor worn on the head to protect the head. The head houses the mind and provides the thinking capacity to react and execute warfare. Provision must be made at all costs to prevent any injury or damage to the head because the mind is the control center for the body. Both are related to the exercising of your mind. The helmet is the defensive aspect of

your mind, and the sword of the spirit is the offensive weapon of your mind.

Consequently, salvation itself is housed in the mind and emits from the mind to the rest of the body.

Spiritual warfare is not fought with physical weapons like guns, missiles or bombs. It is fought with things like ideas, beliefs and thoughts. It is not against flesh and blood like Paul states here in Ephesians Six but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places. While these forces were demons or the hierarchy of Satan's kingdom, we wage war with them in the context of our mind and our thinking. Paul is describing competing realities or opposing positions put forth by the forces of darkness. These are false opinions, contradictory principles and conflicting concepts that Paul is talking about. The violent clash of ideas, viewpoints, opinions and philosophies is what the nature of spiritual warfare is all about. This is a battle fought over reality. What is right and what is wrong? What is actual as opposed to what is fake? This is about what is the truth and what is false. Who is lying versus who is telling the truth? This is an intense struggle between deciphering what is fabricated, or made up as opposed to what is actual and what is real. There

is a lot going on in the natural that can command our attention and occupy our time.

There is politics, sports, making a living, entertainment, relationships, religion, any number of any other things that we can devote our time and energy on pursuing or learning about.

But Paul is suggesting that the real things that matter are spiritual things. Things related to understanding, cognizance, and awareness are what is important. Spiritual things like consciousness or focus on what is real and comprehension of the meaning of what is going on. All this material and superficial stuff is merely a distraction. It is a diversion from what is significant. It is intended to keep you confused and engrossed in unnecessary and irrelevant matters. The real stuff is about fact and correct information. The real stuff is what is authentic and genuine. What is valid or credible? That is really where the power is in your life. That is where things are determined one way or the other, whether you go up or go down. Things like your level of understanding and your application of wisdom are the real measures of your spirituality. Things like intelligence, aptitude, mentality are what really define your spiritual power. How enlightened you are and how keen

your perception is, really is making you effective and competent. These are the spiritual faculties that allow you to thrive, function and be useful in the Kingdom of God.

The more I study this, and the more God reveals to me about this, the more aware I become of just how little this has to do with Satan and his demons. They really are not to be the focus or command our attention. They are not preventing or stopping anything God is doing in your life.

They do not possess the power and force to stand in the way of anything God has promised you in His word. Their only real role they can play is to distract you or try to throw you off. They want to deflect attention away from spiritual things, meaningful things, things that really matter. They are trying to get you to turn aside and look away from Jesus and God's word. Which means they are not a problem unless I make the unwise choice to look at what they are offering or what they are doing. If I keep my mind on spiritual matters and maintain a spiritual mind, they are not a threat to me at all. They have no power to even impact me at all. They can't impose their will on me or make me do something I don't want to do. They can only create some disturbance and cause some diversion to cause me to stop myself.

When you realize this, it becomes a gamechanger. It helps you to understand the value and significance of truth as the driving force in everything. Truth is the greatest force of nature.

It is the most influential factor in causing things to happen. Think about Christmas. Have you ever thought about the way that God chose to save the world? How He would be born a child and in the humblest of circumstances, born in a manger? Jesus exercised power without any standing army or political apparatus. He ruled without any physical land or boundary that was technically in His jurisdiction.

He had not interaction with the political leaders of His day. He was not involved in any social movements or changes in the ruling system. His strategy was to teach in public settings. He went around spreading ideas, challenging the commonly held views of things. He taught a small group of people, those people literally were thoroughly immersed in his teachings, and they changed the world. How did He do it? He did it by presenting the truth. John says the Law came by Moses, but grace and **truth** came by Jesus.

Paul paints this in the context of warfare because every challenge to your life and well-being is related to whether you will believe the truth or not.

Trials are about whether you can be thrown off by false information and negative beliefs.

Can external pressure somehow cause an internal breakdown where you become dislodged from the truth? The inner mechanism is disrupted or compromised to the point where your mind is sending out the wrong signals.

There is an inner malfunction that central command or mind becomes disturbed and thrown out of order to the point where other things other than the truth begin to impact your reasoning, your assumptions and even your perception of what is going on. You start to become motivated by the wrong kinds of things like fear and anxiety, doubt and uncertainty. There is literally a destabilization of the inner faculties that keep you upright and allow you to function.

Faith or mindset as we have shared ceases to dominate and shape your thinking, dictate your mood and most of all determine how everything is processed. Perception becomes impaired by this breach in the inner workings of your being. The role of truth is vital because it is the existence of truth that insulates and protects you. The truth deflects any foreign element from gaining any traction or changing the inner dynamic of your being. The truth

allows you to not fall victim to any false suggestion. The truth discounts any assumption that could weaken your resolve.

The truth combats any idea or belief that could change your inner motivation.

All toxic thinking is repulsed simply because it is not according to the truth.

This is where the battle is fought. This is where everything originates.

What happens here ultimately decides the outcome of the struggle. Truth is the key element of exchange. It is the material for success in spiritual warfare.

Truth carries the day and ensures the victory. When it is all said and done, truth is what was most important and ultimately how the battle was won.

Consequently, of all the things you do, nothing is more important than your strict adherence, your all-out devotion to the truth. You must maintain a firm grip and strong attachment to the truth. Your entire being is held together by the truth. Truth is not what is seen on the outside. It is underneath the rest of you.

People see your emotions. They see your temperament and your actions.

They can see your physical posture and body language. They can observe how you carry yourself and what your facial expression may be. But the defining

part of you that is most important is your allegiance to the truth. Your firm conviction on the Word of God and belief in its truth, that is the basis of your strength.

That is why the Bible says in Proverbs, it shall be health to thy naval and health to your bones. That is why in Hebrews it says, it is living cutting down between the dividing asunder of soul and spirit and marrow in the bones.

The **truth** is the critical element in everything. There may be a lot going on but the main thing you need to keep before you is the truth. **Truth** has brought down empires. It has caused revolutions and fueled social change. **Truth** has been the power that allows good to conquer over evil and caused right to prevail over wrong. The basis for justice is **truth**. **Truth** is the power behind the scenes, the invisible power pulling strings and making things happen. It is the force controlling things. It is the source of the stamina that allows you to endure hardship. The **truth** motivates you to be your best and helps you to persevere through trials. The best medicine for you mind is the **truth**. The most comforting and reassuring thought when you are **hurt** is the truth.

All spiritual faculties are the direct result of the mind initiating

them. Without the exercise of the mind nothing associated with salvation is even possible. You cannot believe without the mind grasping what it is you are believing.

You cannot repent without the mind ordering the rest of you to turn away from sin. It is the mind that chooses righteousness over wickedness. It is the mind that directs your members to obey and apply God's word in your life. **All the key elements of spiritual power are associated with the mind.** Truth is critical and truth must be what is thought and understood. Solomon said wisdom is the principal thing and in all your getting get understand, which products of the mind are having both wisdom and understanding as the content of your thinking. Proverbs says as a man thinketh in his heart so is he. The main strategy of the enemy is spreading lies because if he can get you to think something false, he can steal, kill and destroy. Jesus said ye shall know the truth and the truth will make you free. Think about it, all bondages are rooted in getting you to think something that is not true. He enticed Adam and Eve to believe his lies and plunged mankind to the fall of humanity.

Paul calls it the helmet of salvation because without intense attention to your thinking, salvation can easily be lost or taken from you. The attacks of the enemy are aimed at the mind because when your thinking is thrown off, the rest of you loses its equilibrium. Serious attention must be given to ensuring that the mind is operative and functional because so much depends on how you think.

You can have a lot going for you and you can appear to be capable of a lot of things but the moment your mind is somehow disabled or injured, the rest of you falls headlong.

Most if not all the things that are wrong with you are the result of flawed thinking. The false assumptions you have are your greatest challenged in spiritual warfare. False assumptions are false beliefs and things you believe that are not true.

Think of your thoughts being the ammunition that the mind uses in spiritual warfare. The potency of your thoughts depends on how true those thoughts are. When the thoughts are false, those false thoughts carry no spiritual power. Thoughts that are false are of no spiritual value and cannot in any way interact with the realm of the spirit. Evil thoughts are the tools of the

enemy meant to offset your heart and render it incapable of functioning properly. The dysfunction of your heart literally shuts you down in terms of having any spiritual power. Think of the word as having the ability to give your mind the content and fuel to your thinking so that it can engage the spiritual realm of reality. The word of God literally activates the mind and cause the mind to think things that make it possible to be spiritually minded.

Spiritually minded is life and peace. Three things the word does to your mind. It renews your mind. It cleanses your mind. It heals the mind.

Salvation is housed in your command center. Deliverance comes from a change in your mind. A change in your mind is a change in your thinking. What constitutes your salvation is when you are freed in your mind. Salvation is when your mind is renewed. It is when you cast down imaginations and every high thing that exalts itself against the knowledge of God and bring every thought to the obedience of Christ. Salvation is when your thinking is changed. It is when you are spiritually minded. To be carnally minded is death but to be spiritually minded is life and peace. Salvation is when whatsoever is true... think on these things. Salvation is none of the external things associated with God, church membership, cross around your neck, carrying a

bible and using titles and positions. It is not attending meetings and being involved in church activities. The real measure of salvation is what is going on in your head. Has your thinking changed? Your soul being saved means your mind will and emotions are aligned to God. Since thinking is for the large part a retrieval system where your mind compares current stimuli with past experiences and stored memories, the existence of the word in your heart makes a major difference in your functionality.

You need to be deliberate and intentional in giving your mind the material to boost the effect of the word on your life.

So often we want to put a word in our heart when there are things occupying that space that make that word with no place to go. This is why there must be a careful planting of the word in our heart through memorization and meditation prior to anything that comes up. It is too late to put the word in your heart after something happens. The only word that is of any benefit to you when you come under attack is an already existent word. A word that has had time to already be digested and assimilated in your heart. It must be a word available for recall. Your mind needs to have it readily available in your memory to call up to respond in your heart with faith. David

said thy word have I hid in my heart so that I might not sin against thee. In His law doth he mediate day and night. He shall be like a tree planted by the rivers of water, and he will bring forth his fruit in his season and he will not wither.

When Paul talks about the evil day, he is talking about having yourself prepared so that when the evil day comes, what comes up in your spirit is a word that fosters faith and belief under the pressure. Your level of readiness is based on how much word is available for retrieval. The word of God must be readily available for recall and application when it is needed most.

Isaiah described it as the hydraulic system when he said, so shall my word that goeth forth from my mouth it shall not return until me void but it will prosper in the thing I will. It's like how your body digested food for energy. It is not the food you just ate it is the food that is already digested that provides the energy for now. You can't eat and benefit from it when it has not had time to digest. Failure to eat causes the body to not have anything to burn causing weakness and lack of performance. In the same way your spirit cannot generate power without having the word already in your heart to use as a source of power. The parable of the Sower and the seed illustrate this. The

seed must find good ground prior to anything that might happen. The seed must be able to germinate.

You do not have more than the word you have in your heart. Some of us need massive power when we have only a small amount of word in our heart. I really believe when Jesus talked about little faith, he was talking about not having enough truth in our heart to muster any faith when needed. This is literally where the Holy Spirit actively brings things to your remembrance that can empower your spirit to be activated with faith.

Faith comes by hearing and hearing by a word from God. It is the word that has been heard that generates faith. Faith comes by hearing and hearing by a word from God. Notice the wording. The hearing itself triggers the word. Not only does faith come by hearing, but the capacity also to hear comes from what existing word is already in your heart. The word itself is what enables you to receive and experience the ability to hear the word. Jesus said, if you have the faith of a mustard seed you will say to the mountain be thou cast into the sea and if you do not doubt in your heart, you will have whatever you say.

All these years I thought this was about how little a mustard seed was. The point is that it is a seed that can become something great if it is given the

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opportunity to germinate. Jesus is emphasizing the process more than the event of receiving a word. The mustard seed must evolve and develop as it is given an environment for growth and expansion. You must provide your spirit with enough word that the Holy Spirit can allow for that word to be on immediate recall and retrieval.